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Cover Art by Rae Senarighi

Philadelphia Trans Wellness Conference

A PROGRAM OF MAZZONI CENTER

REMEMBRANCE • RESISTANCE • RESILIENCE

AUGUST 2–4, 2018

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PTWC offers a space for trans people and our allies, families, and providers to come together to re-envision what health and wellness means for trans people.

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PTWC is supported by the Philadelphia Department of Public Health, and by foundation funding from Arcus Foundation and the E. Rhodes and Leona B. Carpenter Foundation.

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USA NETWORK

'The Sinner' is back with a new killer mystery. 20-21

MLB TRADE DEADLINE

Phillies land All-Star catcher Ramos.24

The best things to do in Philly this month. 18-19

NO EASY CURE

Recovering opioid addicts and treatment specialists tell Metro medication-assisted treatment can save lives, but users also need a strong support network. 4-5

PHOTO ILLUSTRATION ISTOCK

5 THINGS TO KNOW

WELCOME TO METRO PHILLY

SAM NEWHOUSE, REPORTER

Fighting the opioid addiction crisis has been made a lot harder by the huge social stigma many hold against addicts, calling them "junkies" and labeling them as dangerous thieves. Former addicts who shared their story of recovery say that addiction can be successfully fought, and users can regain their normal lives, if they have access to medication-assisted treatment and strong psycho-social support. But getting that support is another huge barrier. Read more on pages 4-5 and on **metrophilly.us.**

1 PROSECUTORS TO JURY: MANAFORT HID WEALTH

U.S. prosecutors on Tuesday portrayed President Donald Trump's onetime campaign chairman Paul Manafort as someone who hid his wealth from political work in Ukraine, as the first trial began arising from an investigation of Russia's interference in the 2016 U.S. election. Manafort felt tax and banking laws did not apply to him, a prosecutor said in the government's opening statement, telling the Virginia federal court jury he opened more than 30 bank accounts in three foreign countries to "receive and hide" income. A defense lawyer painted a drastically different portrait of Manafort and made clear he will go after one of the government's star witnesses, former Manafort associate Rick Gates. Gates pleaded guilty in February to conspiring against the United States and lying to investigators and agreed to cooperate with the investigation. "This case is about taxes and trust," Manafort's attorney Thomas Zehnle told jurors in his opening statement. "His trust in Rick Gates was misplaced," Zehnle said, accusing Gates of embezzling millions of dollars from Manafort.

2 MAY TAKE DECADES TO ID REMAINS FROM N. KOREA

When the remains of Americans handed over by North Korea arrive in Hawaii on Wednesday, the U.S. military will begin a painstaking identification process that experts said could take from three days to two decades to complete. The 55 boxes, draped in the blue and white flag of the United Nations, are each small enough to be carried in one person's arms. They bear not only the remains thought to be of missing servicemen from the 1950-53 Korean War, but also a message of good faith made by North Korean leader Kim Jong Un at his summit with U.S. President Donald Trump in June. The remains within each box may not be those of a single person and are likely fragments of bones, said Paul Cole, an expert on recovery of soldiers missing in action and prisoners of war, who worked as a visiting scientific fellow at Hawaii's Central Identification Laboratory where the boxes will land. The commingling of remains reflects the violent impacts to which human beings are subjected in war. At the laboratory, work will be done to determine if the remains are human.

3 OCCUPY ICE ENCAMPMENT CLEARED IN PHILADELPHIA

At least three protesters are arrested after sanitation department workers clean up remainders of what started as an Abolish ICE protest camp, near City Hall on Tuesday. Mayor Jim Kenney announced last week to not renew a contract of the city that ends a program known as PARS. ***Read more on page 8.***

GETTY IMAGES

4 AT LEAST 85 INJURED IN AEROMEXICO CRASH

About 85 people were injured on Tuesday, some seriously, when an Aeromexico-operated Embraer passenger jet crashed just after takeoff in Mexico's state of Durango, but authorities said there were no fatalities. The operator of Durango airport, Grupo Aeroportuario Centro Norte, attributed the crash to bad weather conditions, citing preliminary reports. The mid-sized jet was almost full, with 97 passengers and four crew members aboard, when it came down at around 4 p.m. local time, Gerardo Ruiz Esparza, Mexico's minister for communications and transportation, wrote on Twitter. "The plane was taking off," Governor Jose Rosas Aispuro told Mexican television, adding that witnesses told him there was "a bang" and then without warning the plane was on the ground. TV images showed the severely damaged body of the plane emerging from scrubland and a column of smoke rising into the sky. The plane made an emergency landing about six miles from the airport shortly after taking off, Alejandro Cardoza, a spokesman for the state's civil protection agency, said on local television.

5 FACEBOOK: MORE MEDDLING BEFORE MIDTERMS

Facebook Inc. said on Tuesday it had identified a new coordinated political influence campaign to mislead its users and sow dissension among voters ahead of November's U.S. congressional elections. It said it had removed 32 pages and accounts from Facebook and Instagram, part of an effort to combat foreign meddling in U.S. elections. The company stopped short of identifying the source of the misinformation. But members of Congress who had been briefed by Facebook on the matter said the methodology of the influence campaign suggested Russian involvement. "I can say I think with pretty high confidence I think this is Russian-related," Sen. Mark Warner, the top Democrat on the Senate Intelligence Committee, told reporters at the U.S. Capitol. Two U.S. intelligence officials told Reuters there was insufficient evidence to conclude that Russia was behind the Facebook campaign, but one noted that "the similarities, aims and methodology relative to the 2016 Russian campaign are quite striking."

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No easy path to curing opioid crisis, say recovered addicts

Former addicts share stories of how medication-assisted treatment helped lead them to recovery.

SAM NEWHOUSE
sam.newhouse@metro.us

Opioid addiction recovery may seem impossible, as the crisis sweeping America has only been worsened by the stigma of addiction. But addicts who have recovered and been able to return to leading productive lives say that a cure is possible and fellow addicts need time and support, not to be labeled as dangerous "junkies."

"It's very difficult for people to want to come out and say stuff when there's this immediate backlash," said Eric Dyer, 27, a painkiller addict who has been in recovery for about six years and now works as an attorney in upstate New York. "The only way to reduce the stigma is to have people share their story and be open about it."

Dyer, of upstate New York, started smoking marijuana and drinking heavily as a teenager, but by age 18 had become addicted to opiates.

"Opioids had a unique effect because it was everything I could have ever wanted in any type of feeling and it was given to me in this small pill," he said. "Once the physical addiction took over, a lot more of the principles I was brought up with started to go by the wayside, because the only priority, the only thing on my mind was opiates."

Dyer was 21 when his then-girlfriend discovered his stash of painkillers, flushed them down the toilet and contacted his family for help pushing him into rehab. It was a process the family was familiar with, since Dyer's father had also struggled with addiction and recovered from it.

In rehab, Dyer connected his success with using Vivitrol, a once-a-month injection of naltrexone. Gradually the medication helped him return to a mental state of feeling 'okay,' before he eventually went on to finish college and law school.

But he called his situation — with a supportive family and health insurance — "incredibly unique." For many other opioid users without that support, he acknowledged getting to the physical and mental state that allows for ongoing sobriety can be seemingly impossible.

"The access to on-demand treatment is just not there," he said. "If you could take somebody using on the street and not only get them into treatment ... b u t give people that follow-

From left, Meagan Kenney and Eric Dyer both credit their recovery from opioid addiction to medication-assisted treatment and strong support networks, a holistic approach that Phoenix House CEO Dr. Ben Nordstrom says is crucial for all patients. PROVIDED

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up, with the housing, education and support that's necessary to give people a life, in my view that's what it's going to take."

Meagan Kenney, 33, who is in recovery from heroin and fentanyl addiction, described herself as someone who survived as a "functioning addict" for years who could continue to hold down a job. But since getting clean, she said she has recovered a level of enjoyment in day-to-day-life she no longer thought possible.

"Opioids had a unique effect because it was everything I could have ever wanted in any type of feeling and it was given to me in this small pill."
Eric Dyer

"The reason I share my story is I want people to not lose hope. Even when you don't recognize yourself anymore, that person is still there," said Kenney, who has been sober for six years and now works as an addiction therapist. "I'm a firm believer in neuroplasticity."

Kenney decided to pursue treatment with Vivitrol in 2012 after meeting another former user who had used Vivitrol to get clean. She said the nature of the monthly shot helped her break her daily routine of drug use.

"Vivitrol allowed me, without having a derailing opioid relapse, to start to repair the holes in my soul that led to my addiction in the first place and really putting in that work that went way beyond it to a spiritual growth," Kenney said. "I just desperately wanted to put this addiction behind me and get back to my life that I hadn't seen in years."

Kenney, whose father had been an addict as well, said therapy was key to her success, getting to the root of childhood depression, social anxiety and other problems that drove her to use drugs.

"When it finally clicked — it was really just like the biggest relief," she said. "It was like the weight of the world fell off my shoulders. All I had to do was show up for this shot. Not the full-time job of being a drug addict."

Vivitrol is just one of several treatment options, a form of naltrexone, which along with bupenorphine and methadone are the most commonly prescribed opioid addiction medications. (Sublocade is a recently approved once-a-month form of bupenorphine).

"The scientific data doesn't really indicate that any one drug is a clear winner. It really comes down to what drug is a good fit for the particular person," said Dr. Ben Nordstrom, CEO of Phoenix House, a recovery program that treats some 12,000 patients at more than 100 programs across the country, including in New York and Massachusetts. "The person has to want to take them, want to learn new skills, and apply those lessons learned to their lives on a daily basis and carry that forward, because we know that relapse is very much a part of this. They need to know that's not cause to give up hope or to think treatment has somehow failed them."

In Philadelphia, where some neighborhoods are inhabited by large populations of homeless drug users, a new $1 million Pennsylvania Coordinated Medication Assisted Treatment (PAC-MAT) grant, part of $3 million in funds awarded by Gov. Wolf around the state, will go to the Temple Center for Population Health to broaden the reach of medication-assisted treatment.

"We have to give them reasons to stay in recovery," Nordstrom said. "People do best when they have something to gain and something to lose. When people have neither, it's very difficult for them to see a reason to do anything different."

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Reducing your ecological footprint through safe sex

Free condoms will be handed out in observance of Earth Overshoot Day.

NIKKI M. MASCALI
nikki.mascali@metro.us

PROVIDED

There are countless very good reasons to practice safe sex, but Earth Overshoot Day — today — will focus on how safe sex can reduce your ecological footprint.

The Center for Biological Diversity and Global Footprint Network will distribute more than 10,000 free endangered-species condoms in 10 U.S. cities with the largest carbon footprint to encourage Americans to have safe sex.

The vibrant, special-edition condoms — featuring the slogan "Before your seduction, think footprint reduction" — will be distributed in New York City; Philadelphia; Los Angeles; Chicago; Miami; Dallas; Detroit; Houston; San Jose, California; and Washington.

"As human population continues to rapidly grow, we clear-cut trees, burn fossil fuels and bulldoze wild spaces. The Earth can't keep up," said Sarah Baillie, the center's Endangered Species Condoms coordinator. "We see evidence of this in shrinking habitat, the global climate crisis and crashes in wildlife populations. We're blowing through nature's capital, and wildlife and the planet are suffering for it."

According to the Center for Biological Diversity, Earth Overshoot Day is "the day humanity exhausts the resources the planet can replenish in a year." As if that's not scary enough, with this year's day falling on Aug. 1, it's "five months too soon — and the earliest since the world first went into ecological overshoot."

Panera Double Bread Bowls coming to Philly for limited time

PANERA BREAD

Carb cravings don't die simply because it's bathing suit season, and the Panera double bread bowl will surely test the restraint of loaf-loving customers in Philadelphia.

Panera has chosen Philly as the lucky location to test its double bread bowl, which is exactly what it sounds like. The double bread bowl is a new spin on Panera's regular bread bowl, which allows customers to order soup in one of the eatery's baked loaves. Panera representatives said the double bowl is "ideal for sharing with your BFF, significant other or even a coworker."

The double bowl can include any two of Panera's soups or mac and cheese.

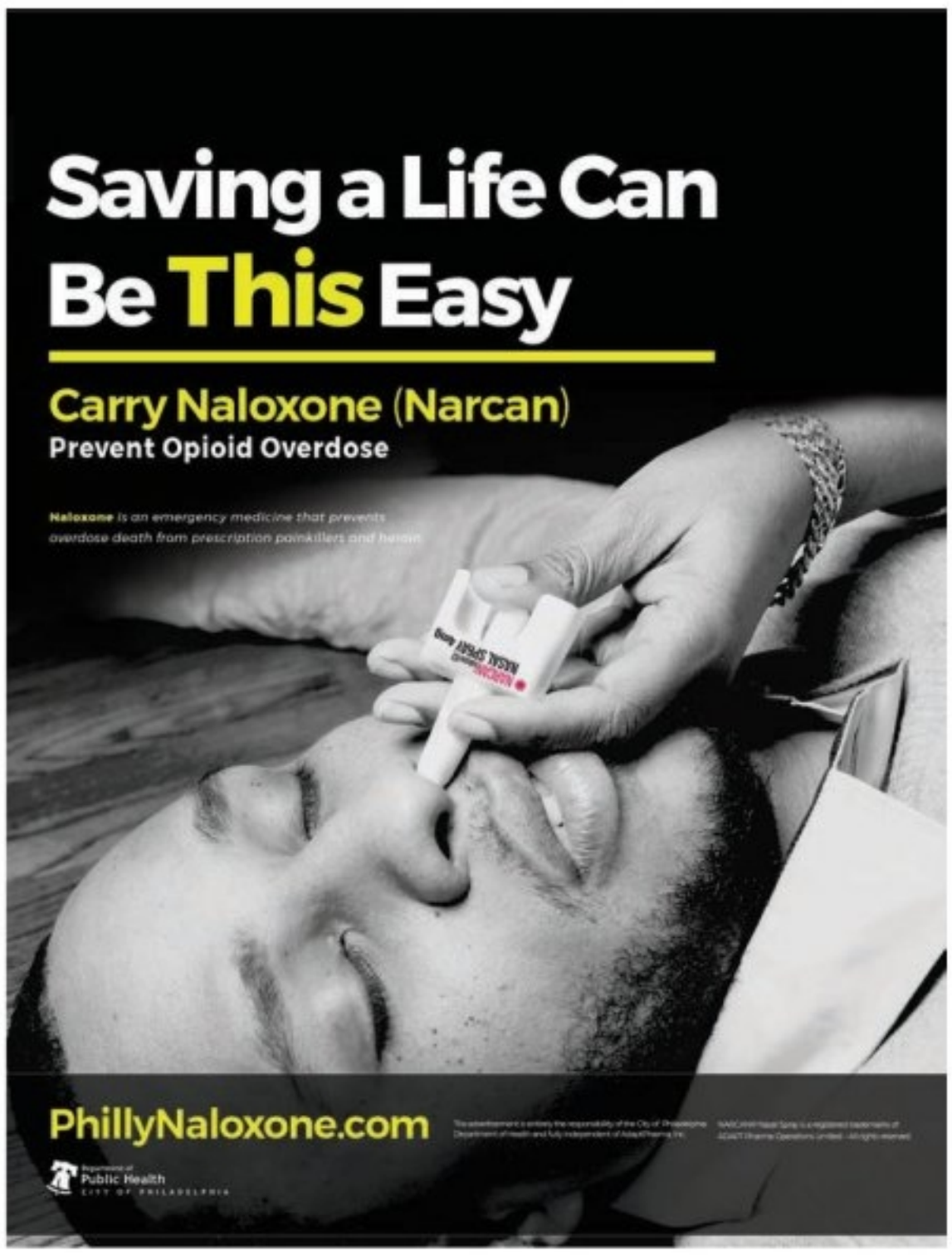
The experimental menu item will be available throughout its Philadelphia locations from Sunday, Aug. 5, to Friday, Aug. 31, according to Panera. Philadelphia customers can order the double bread bowls in local Panera cafes or through the eatery's delivery service.

Customers who order the double bread bowls online from delivery.panerabread.com must add an unsliced sourdough loaf to their cart, and specify to "make the sourdough a double bread bowl" in the special instructions, according to Panera.

Customers can then choose what kind of soup (or mac and cheese) they'd like to fill the bread holes.

If the double bread bowls are a hit in Philly, they may roll out to more Panera locations throughout the U.S.

MORGAN ROUSSEAU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Occupy ICE Philadelphia protesters remain near Broad and Arch after their camp was cleared by the city Tuesday morning by authorities, after three members were detained by police. GETTY IMAGES

Three arrested as new Occupy ICE Philly encampment cleared

The protest group's tent city was removed from Broad and Arch streets.

SAM NEWHOUSE
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Occupy ICE Philly relocated its tent city a few blocks north after winning a major immigration-related concession from the city, but this time police came to remove them from the site within days.

Group organizers say they received the eviction notice Monday night and agreed to leave the site — but as police came to clear out the encampment, tensions flared into clashes, and three people were arrests as of 1 p.m. Tuesday.

"We voluntarily removed ourselves from the encampment and cleaned up the encampment," said Gwen Snyder, an Occupy ICE Philly activist. "All of those arrests could have been dealt with differently and de-escalated in a way that wouldn't have led to arrests."

"All of those arrests could have been dealt with differently and de-escalated in a way that wouldn't have led to arrests."
Gwen Snyder, Occupy ICE Philly activist

The Occupy ICE Philly protesters were camped out on the eastern side of City Hall for three weeks and agreed to leave over the weekend after Mayor Jim Kenney met their main demand of ending the city's information-sharing contract with ICE.

But the encampment of activists and homeless people moved just a block to Broad and Arch streets, saying they wanted to see out the city's ending of the contract allowing ICE to access real-time arrest data through the city's Preliminary Arraignment Reporting System (PARS) and work toward other social justice goals.

As police arrived on the scene to enforce the clearing of the tent city, tensions escalated, Snyder said.

She said the three arrested included two homeless people and one activist trying to defuse tensions.

"I'm extremely disappointed in the Kenney administration," she said. "He ran on a platform of a more community-friendly policing strategy and what I've witnessed is completely the opposite."

Kenney's office did not immediately respond to requests for comment.

Despite surrendering the camp, Occupy ICE Philly protesters were still at Arch Street staging an unplanned protest over the nature of the eviction as of 1 p.m. Tuesday.

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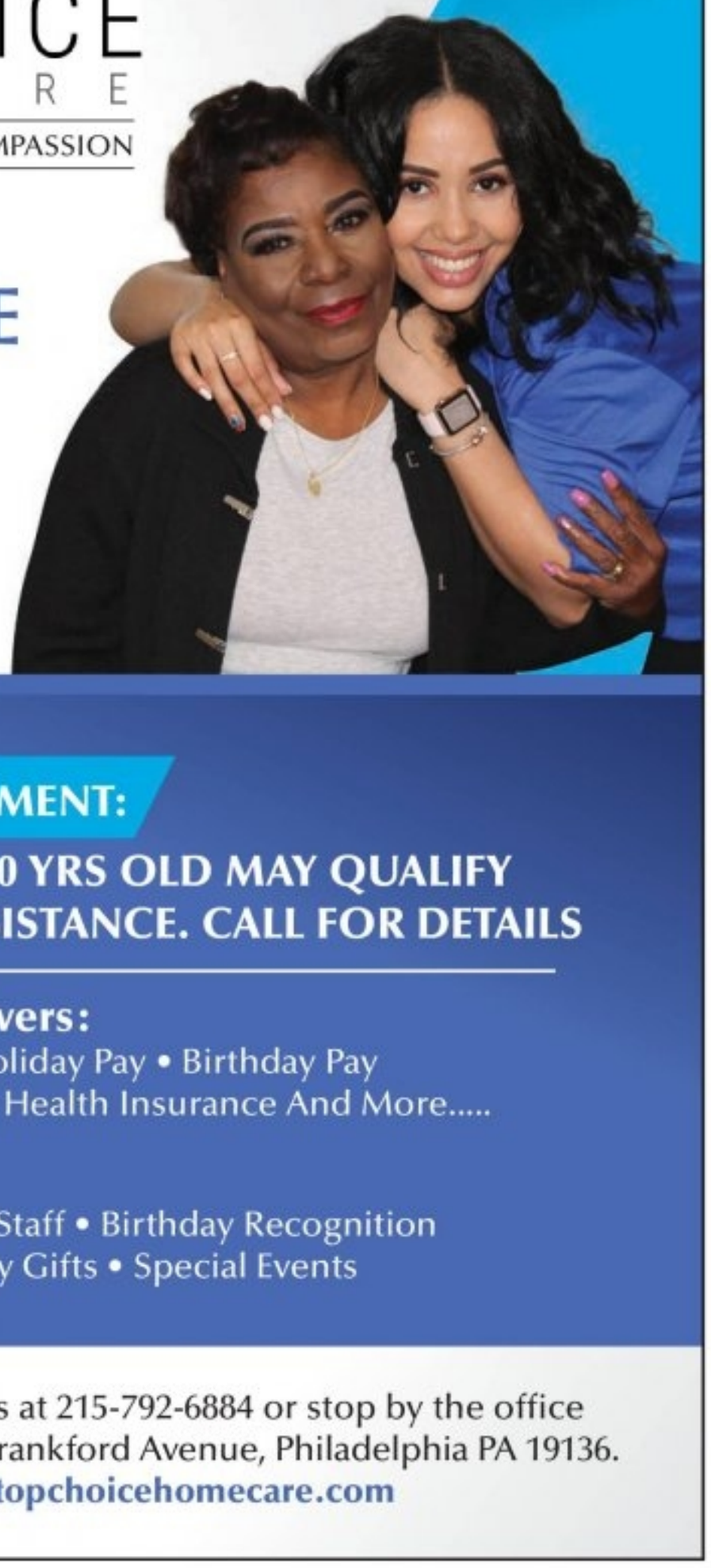

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Welcomes the Mazzoni Center

Philadelphia Trans Wellness Conference

A PROGRAM OF MAZZONI CENTER

Thursday, August 2 to Saturday, August 4, 2018

Trans Wellness Conference returns to Philly with a focus on the future

The Mazzoni Center's 17th annual Philadelphia summit is paving the way for a more inclusive community.

A.D. AMOROSI
letters@metro.us

The Mazzoni Center — this city's primary caretaking and guidance facility for the LGBTQ community — wants you to know that it is listening.

When it comes to this week's Trans Wellness Conference, now in its 17th year, Mazzoni's braintrust paid attention to what the 7,000-plus attendees of its 2017 conference liked then, and what they needed for their health and wellbeing going forward.

"We keep our ears to the ground at the end of each trans conference, and have formal evaluations for every workshop, as well as the entire event," said Ashley Coleman, the Mazzoni's senior events manager in charge of the annual Trans Wellness Conference, its logistical support and for "putting out fires" when needed.

"We look online, on Queer Exchange Philly and other meet-up groups, and any platforms where people are voicing their opinions and valid criticism," said Oliver de Luz, Mazzoni's internal and external events planner, and volunteer coordinator. "We want to make sure that, whatever we do there, that we are uplifting the trans community."

The mission of the Philadelphia Trans Wellness Conference (PTWC) is to educate and empower trans individuals (as well as their families and friends who are welcome to attend all events) on issues of health and well-being. That doesn't only involve physical health service providers and issues, but spiritual, psychological and social issues as well. There are networking and community-building exercises and events. There is also a fun screening of "Kiki," and a meet-and-greet with one of its central avatars, "Chi Chi." The film is a documentary on the Kiki community and their spectacular performance balls. For those who followed FX Network's "Pose," or for those walking for realness, this film is a must.

Flags at the Trans flag raising at City Hall. MAZZONI

"We want to make sure that, whatever we do there, that we are uplifting the trans community."

Oliver de Luz

Coleman and de Luz both have been with Mazzoni and its Trans Wellness Conference for two years, and know well the event's long history and powerful legacy.

"Knowing that, this year we wanted to be even more intentional, and more inclusionary with all of our programming and all of the outsourcing," said Coleman. "Our major focus last year and this year has been around making sure that whatever we purchased, and whomever we are contacting, that we're going to trans folk, queer folk and people of color and not buying from those that aren't queer and environmentally friendly, or ruining our planet, socially and environmentally."

In terms of including all cultures and creeds in Philadelphia, while last year's TWC opening reception was at the African-American History Museum, this year's introductory gala is at the American Jewish History Museum. "As well as having dedicated diverse spaces that bring further education to our community, we want to share in different stories," said de Luz.

Another fresh focus of Mazzoni's Trans Wellness Conference regards educational programs for kids and the addition of youth spaces for those looking to gather and fraternize. "As a former educator, I saw a lack of programming at the TWC for our kiddos," said Coleman. "They're going to save all of our lives, and the world, someday so it is important that we provide them with everything we can. Plus, young and old, we want everyone to get to know each other, make friends, and make the world a better place, together."

This year's Trans Wellness Conference runs from Thursday, Aug. 2 to Saturday, Aug. 4 at the Pennsylvania Convention Center. For a listing of events, information, and PTWC registration opportunities, visit mazzonicenter.org

Annual Trans Wellness Conference Kicks off Tomorrow

In Cooperation with the Mazzoni Center

By Amy Smith

When it comes to supporting the LGBTQ community, few events are as powerful as Mazzoni Center's annual Trans Wellness Conference. The three-day experience is designed with one main goal in mind—providing information and vital resources, free of charge, to the trans community.

"The conference started 17 years ago as a small space for trans people and community allies to come together to share resources and educate one another," says Oliver de Luz, Events and Volunteer Coordinator at Mazzoni Center. "Since then, it's grown dramatically and now attracts speakers and attendees from all over the world; all of them here to support the trans community."

Free to the general public, the Trans Wellness Conference will feature over 250 workshops for trans folks as well as those who identify with the gender they were assigned with at birth. Workshop topics serve a wide audience—adults and kids; young and old—and cover everything from talking with young children about gender to navigating the ins and outs of gender confirmation surgery, and everything in between. Regardless of the subject, all workshops can be linked back to wholeness and well-being.

"The workshops are also loaded with fantastic information and resources for cisgender accomplices looking for ways to support the trans people in their lives and greater community," adds de Luz.

This year's three-day conference kicks off tomorrow at 8:00 a.m. and will run through Saturday, August 4 at the Pennsylvania Convention Center (129 North Broad Street). The event also has a professional component, offering more than 60 workshops for those seeking career-related continuing education credits. These paid tracks cover mental health, medical, education, legal and interdisciplinary.

At its core, the 2018 Trans Wellness Conference is a place for community partners, professionals and the general public to come together. It's also a wonderful opportunity to network with activists in Philadelphia who are working hard for trans rights and visibility. Interested attendees can register ahead of time online at www.mazzonicenter.org/trans-wellness/schedule, or simply walk in to the conference and register on the spot.

"There needs to be more spaces devoted to community-building and education within the trans community," says de Luz. "And those who aren't part of that community can also benefit by having the chance to ask questions, hear first-hand experiences and stories, and learn how they can offer support within their own neighborhoods. The end goal is to protect, validate and take care of one another."

In other words, it's a safe space for all, whether you're sure of who you are or not. Mazzoni Center is also hosting an opening-night reception that's free to the public tomorrow evening from 7:00 p.m. to 9:00 p.m. at the National Museum of American Jewish History.

For nearly four decades, Mazzoni Center has been dedicated to LGBTQ health and well-being. Their mission is to provide top-quality, comprehensive health and wellness services so that all members of this community can live their best lives with dignity and respect. To learn more, visit www.mazzonicenter.org or call (215) 563-0652.

Art by Rae Senarighi, 2018 Cover Art Winner

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Those who are questioning their gender identity have a lot to process, as do the people who love them. Melissa Dessereau, a Licensed Marriage and Family Therapist with PhIIRST, has been counseling members of the LGBTQ community for over two decades. Here are some pearls of wisdom she's learned along the way.

I'm questioning my gender. What are the benefits of working with a therapist?

The relationship you have with a therapist is really unlike any other relationship in the sense that it's all about you. The other person is solely there to help you process what you're going through. When we try to tackle these things on our own, we turn to friends and family members for help, all of whom bring their own biases, agendas, histories and ideas to the table. There are dynamics at play that shape the advice they're giving. With a therapist, all the focus is on you and helping you get to where you want to be.

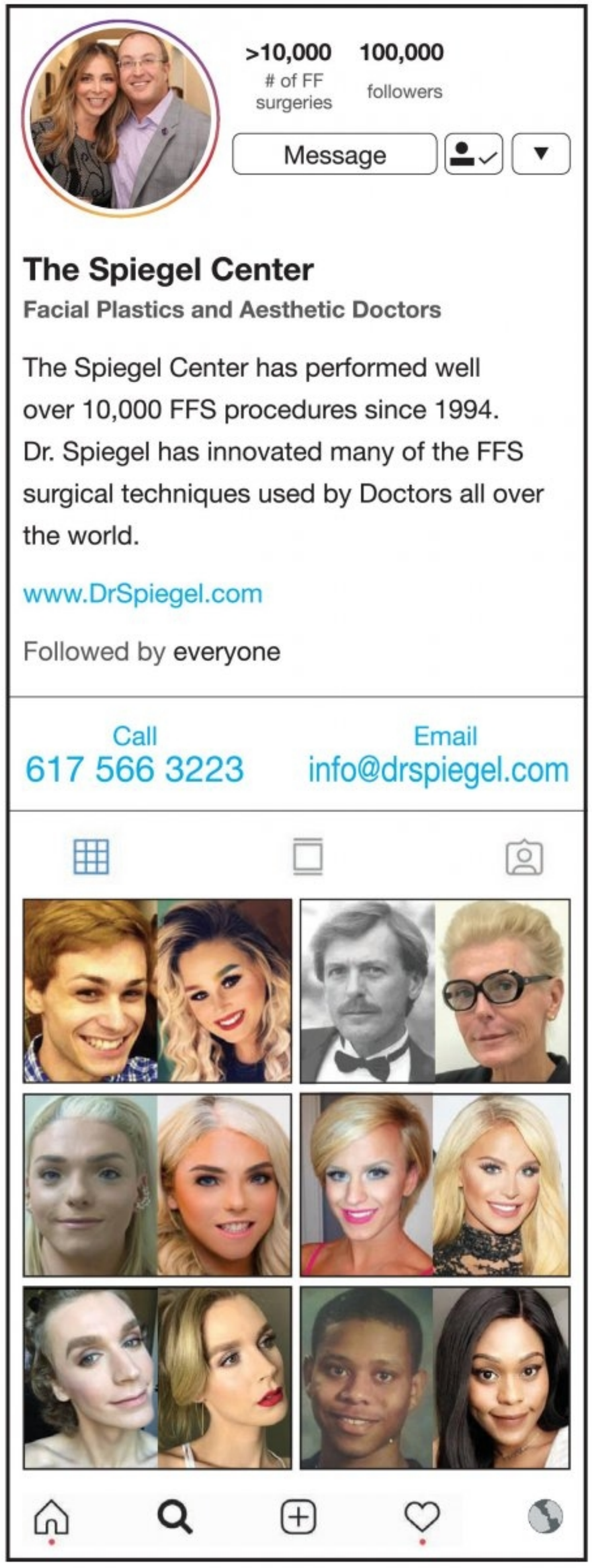
What should I look for in a therapist?

Asking for referrals from friends is a great place to start. I also suggest interviewing the therapist in advance. Do they have experience working with trans clients? What we're looking for here is someone who's comfortable processing gender issues and isn't afraid to ask questions regarding your life. A good therapist is one who's willing to admit ignorance when they don't know something, then do their own research to better understand where you're coming from. Ahead of your first meeting, ask them how they'd handle a situation when a client is talking about something they don't know anything about or haven't lived through directly. Another good question to ask is how they can help you learn to navigate spaces where people aren't respecting your gender.

How can family and friends support people who are questioning their gender?

If you're in a situation where someone you love is sharing that they're questioning their gender, you should feel honored—it means your relationship matters to them and that they trust you enough to invite you into their life. They may be afraid you'll reject them, so be sensitive to the fact that telling you is probably difficult for them. No matter what, respond with respect and care. If you are having trouble processing it, do your own work to manage your own feelings. Parents and Friends of Lesbians and Gays (www.pflag.org) is a wonderful resource. I'd also suggest seeking a trans-competent therapist or educator of your own. If you're feeling confused or judgmental, lean in with curiosity and openness.

Whether you're questioning your gender, or processing the fact that someone you care about is, PhIIRST's team of experienced, licensed therapists can help you through the process. To learn more, visit www.phiirst.com. They have locations in Center City and Media, Pennsylvania.



The ins and outs of facial feminization surgery

ASK Dr. Jeffrey Spiegel:

Facial feminization surgery (FFS) has picked up lots of steam in recent years, and rightfully so—it's a game changer for many trans women. But what exactly is it, and what kind of emotional impact does it have? Metro sat down with Dr. Jeffrey Spiegel, a world-renowned facial plastic surgeon who's leading the charge.

What exactly is FFS?

I've spent nearly 20 years studying the messages our faces send. When you look at a person's face, you know a number of things in a fraction of a second—if it's someone you know or it's a stranger, their mood, their age, their health status, their gender, and many other things. It turns out, there are a number of specific parts of the face that convey these messages. Largely, they have to do with the amount of light that's reflected around the forehead, eyes and mouth. A study we did years ago showed that adjusting the shape of the bone around the eyes greatly feminizes the face.

What I do with facial feminization surgery is look at a person's face, determine what message it sends, and then pinpoint what things we should alter to send the proper message. If it's someone who knows they're a woman, but their face sends the impression that they're masculine, we need to change that. FFS is a constellation of procedures that allows us to send an unequivocally feminine and attractive message with our face. This level of beauty is more than skin-deep.

How can FFS help in the emotional part of the trans journey?

If I've done my job right, FFS compensates for things we can't change. Take, for instance, a transgender woman who might have hands or feet that are a size larger than she wishes. I can make it so that the face is so clearly feminine, it's okay if she has slightly larger hands or feet. This, in itself, has a huge emotional impact because people finally feel like their face reflects the feminine self they feel on the inside.

Is it common for people to be scared that after the surgery, they won't look like themselves anymore? How would you best describe the final result for people?

It's an almost universal concern. The answer is that you actually recognize yourself *more*. No one who sees you after surgery thinks you're someone else. Once we've changed the parts of the face so that they send the correct message, the patient still sees themselves, just without those masculine features. Strangers start using the correct pronouns; friends get it right. You look in the mirror and see the person you actually are. You finally see yourself.

What's the recovery time like?

FFS typically consists of multiple procedures, and most people do everything at once so that they only have one recovery period. This varies, but typically if you have everything done except your jaw, you'll be looking good in two weeks. If the jaw is included, the recovery time is about three to four weeks.

You've innovated so many things in facial plastic surgery. What are you most proud of?

I've discovered many ways to help a person's face send the right message. We reduce Adam's apples, adjust the skull, advance the hair, reduce the jaw, shape the nose, and more all with excellent results and incredible safety. Even our biggest procedures are safer than getting your tonsils removed. It's wonderful to know that my procedures and developments are the state-of-the-art for facial surgery. We see many women who are not transgender who also come for FFS as they see how incredibly powerful these procedures can be at beautifying the face.

Dr. Spiegel is a celebrated facial plastic surgeon who specializes in FFS. The Massachusetts-based doctor attracts patients from all over the globe with his artistic eye and extensive experience. To learn more, visit www.DrSpiegel.com or call (617) 566-3223.

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Treating addiction in the trans community

ASK SEABROOK THE HEART OF RECOVERY:

When it comes to battling addiction, the path to recovery is rarely easy. Seabrook The Heart of Recovery provides the tools to ease the journey and empower patients to live their best lives.

Coming face to face with addiction doesn't happen overnight. Those who are also questioning their gender identity often require additional supports on their way to healing and sobriety. Michele Smith, Seabrook's Director of Clinical Operations, sat down with Metro to talk about trans-specific treatment options for addiction.

How are the treatment needs different for the transgender community?

Addiction affects the LGBTQ community as much as any other. It's usually an especially difficult topic for those who aren't completely out, or who are open but facing discrimination from others. Therapy is certainly unique for these folks. We have a weekly support group for the LGBTQ community, and it's open to anyone—those who are questioning their identity, as well as friends and family members looking to support a loved one. We also provide individual therapy for the person to work through their gender identity and sexuality, along with their addiction. Within the transgender community, we believe in meeting people where they are and respecting whatever gender identity feels right to them. What we care about is helping them feel as whole as possible as they address their addiction.

What other resources does Seabrook offer to this community?

We have ascending levels of care, which includes outpatient treatment as well as our long-term residential inpatient program, which lasts three months to a year. We've also partnered with the South Jersey AIDS Alliance and have done a lot of outreach and education by utilizing local resources. We're actually in the process of putting together a comprehensive collection of resources for anybody who identifies with the LGBTQ community, whether it be for substance abuse or general health. That way, when we give referrals, we're sending people to providers who are LGBTQ-friendly and inclusive.

What do you say to LGBTQ people who are battling addiction?

I'd tell them that there is absolutely hope. Recovery is possible for everyone. We're here for them, and even if we're not the appropriate facility, we can point them in the right direction so they can get the resources they need. We all deserve respect, compassion and empathy, and there are providers out there who deliver that level of care.

Seabrook The Heart of Recovery is a recognized, accredited nonprofit dedicated to treating addiction and co-occurring mental health issues. You can find their treatment centers across New Jersey in Bridgeton, Cherry Hill, Northfield, Morristown and Shrewsbury. To learn more about their forward-thinking approach to individual and family healing, visit http://Seabrook.org.

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Seabrook supports the LGBTQ community

Will baby make three? Fairfax Cryobank helps keep options open

Fairfax Cryobank
The Trusted Choice for Donor Sperm

ASK FAIRFAX CRYOBANK

A conversation with Michelle Ottey, PhD, laboratory director for Fairfax Cryobank (3401 Market Street)

How did you get started with the Cryobank?

I've been with Fairfax since 2006, so 12 years now. I joined a year after they opened here in Philadelphia. I currently oversee all seven of our production labs across the country.

Why should someone in the trans community be thinking about storing their sperm? Don't they have enough on their minds?

Transitioning is a process with a lot of stressors. A big one is family and friends continually asking: Are you going to have kids someday? This is an opportunity to preserve fertility. Even if you don't know, you can have the option in the future. It's a wonderful service.

We have a long history of working with people in the LBGTQ community and I'm happy to be a part of the Trans Wellness Conference. It's always exciting to see people happy with our process.

Are there specific challenges someone transitioning might face in banking their sperm? It's hard to know where to turn sometimes.

Fortunately, Philadelphia is a very friendly and inclusive community. Finding a place (like Fairfax Cryobank) in certain parts of the country, that isn't so friendly, can be a challenge. For them, we offer a mail-in service that allows someone that doesn't have access to a friendly clinic to bank. Luckily, it's easy to get an appointment here in Philadelphia. Banking on-site is always preferred because we get to work with the sperm sooner.

Honestly, we're all evolving, learning, growing. Society is becoming more inclusive in terms of language, for instance, asking for someone's gender identity and preferred pronouns on paperwork. Hopefully clinics throughout the country keep getting more inclusive and make clients feel more welcome.

Some may worry they're too late. Say you've already begun hormone treatment. What if you're ready for gender affirmation surgery?

Depending on where people are in the process, they can stop hormone protocol. It takes a few months to regain a sufficient amount (of sperm) to freeze a sample, so we encourage people to bank before they start any transitioning.

Young and single people aren't always thinking about starting a family, including a transitioning person. What would you tell them?

It's such a personal decision. If somebody very young is transitioning, and they have the means to take advantage of it, they should definitely bank. They can just pay for long term storage and forget about it for now. It keeps options open in future.

That said, it's not for everyone. It's not an inexpensive process and having children isn't always a priority; but once you've banked, you have that option. At any time, you can choose to discard the frozen samples. There's also an option to donate your specimen to research or, potentially, another recipient depending on how it was originally banked.

Whether you're trans, work in a high risk job or a man in your late 30s, banking your sperm is a way to preserve your options for the future.

This is such a positive thing. It's not a hard process at all. If someone doesn't know what they'll want to do in the future, we recommend banking multiple specimens.

What can someone expect when they visit the 'Bank'?

After they call and make an appointment, we schedule a consultation and review paperwork agreements. We spend time talking about semen evaluation, how we freeze sperm to survive.

The first questions people are asked are in regard to the sperm's intended use. If it's with an intimate sexual partner there are fewer requirements for testing and screening. If it's intended with a non-sexually intimate partner, such as a trans woman with a male partner, where they would need to use a surrogate or gestational carrier, there are additional requirements and testing, this is regulated by the FDA whose primary goal is to reduce the spread of infectious disease and therefore the client must be screened like a sperm bank sperm donor.

We recommend people come in 72 hours after their last ejaculation for an optimum sample. The specimen is placed in an incubator to liquefy, then evaluated to be frozen and stored with a name, date, and unique identifier.

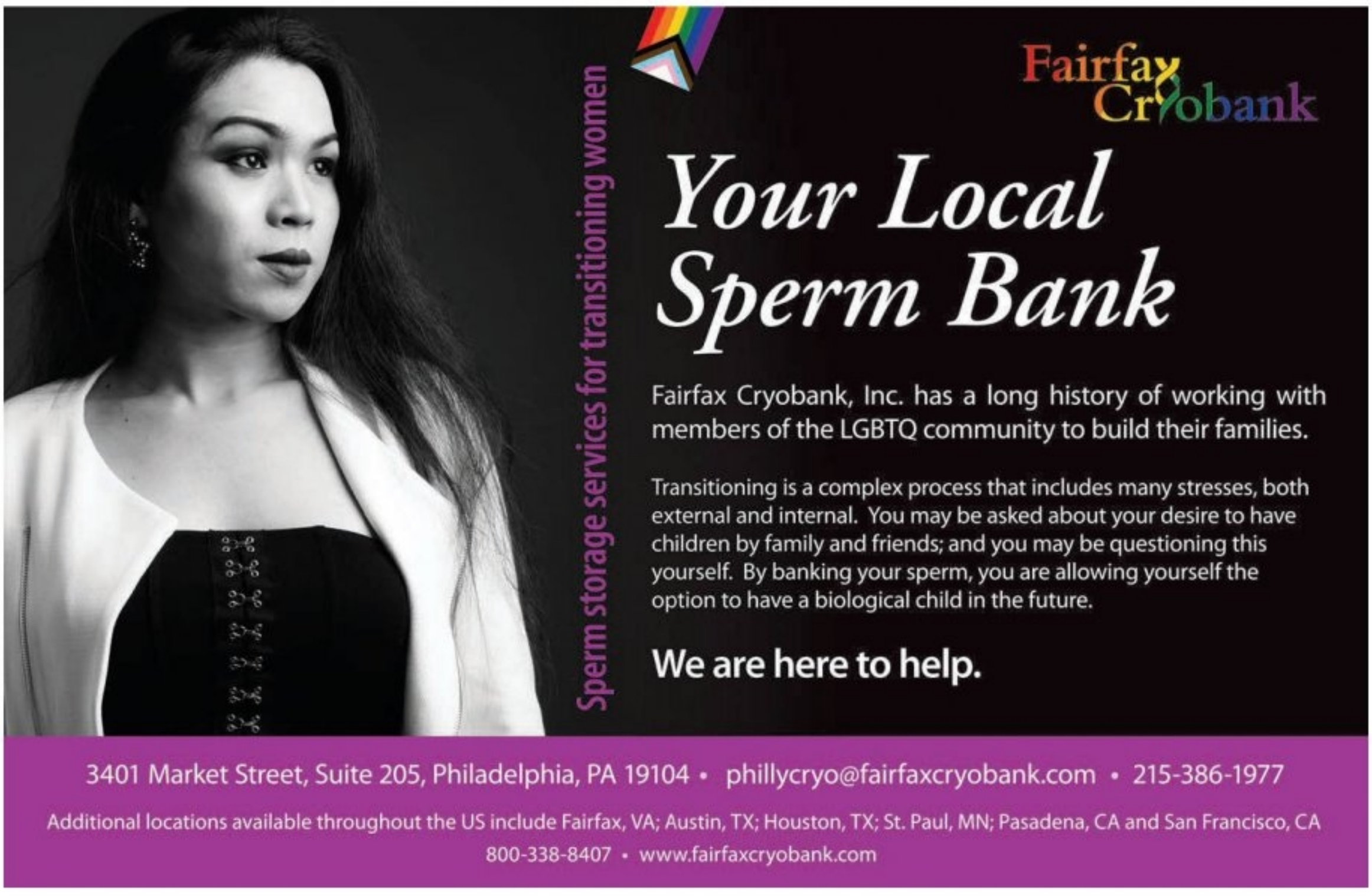
So how long can a frozen specimen do the trick?

As a scientist, I can't say this for sure, but anecdotally, it can last "indefinitely". Our longest stored sperm (that resulted in pregnancy) was 29 years! He was a cancer patient who banked as a teen, pre-treatment, and now has a healthy baby! It was a wonderful story.

The cells are suspended in time. As long as storage conditions aren't compromised, cells can hypothetically be thawed at any point in the future.

What's the first step?

Go to fairfaxcryobank.com. We have a great resources page. There's a trans woman e-book with information about the process and decisions a client will need to make. If you're in the Philadelphia area, call 215 386 1977 for information or to schedule a consultation.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Fairfax Cryobank, Inc. has a long history of working with members of the LGBTQ community to build their families.
Transitioning is a complex process that includes many stresses, both external and internal. You may be asked about your desire to have children by family and friends; and you may be questioning this yourself. By banking your sperm, you are allowing yourself the option to have a biological child in the future.
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Leading surgeon opens up about transgender procedures

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ASK DR. TAYLOR:

For those who identify as transgender, the decision to undergo surgery is a highly personal one. There's no one right or wrong path, which is why it's vital to have a doctor who understands the physical and emotional nuances of the trans journey. Enter Dr. John M. Taylor, founder of Allure Plastic Surgery Center in Red Bank, New Jersey.

Renowned cosmetic surgeon John M. Taylor, M.D. has been working with the trans community for over two decades. As a leading expert in the field, his patients come from far and wide for his expertise and guidance. Here's what he has to say about various gender confirmation surgeries.

How has cultural attitudes shifted around these kinds of procedures?

Twenty years ago, it was still a taboo subject within the medical community, so I had to stay under the radar a bit. But I really believed in the power of these gender-affirming procedures, so I developed strong relationships with mental health professionals to help as many patients as I could. Fortunately, the culture has shifted in recent years, and it's about time.

What's the most popular surgery you do?

There's actually a variety, and each patient is different. Some opt for multiple surgeries; others go forward only with ones that address body parts that are visible to the public. The most popular procedure I do is specialized breast reduction techniques to masculinize the chest for trans men. This comes with a huge emotional payoff for patients. For the first time in their lives, these men are able to walk on the beach without a shirt. For trans women, there's a high demand for breast implants, vaginoplasty, as well as tracheal shaves to soften or eliminate the Adam's apple.

Does insurance cover these surgeries?

It's a case-by-case situation. Some plans and employers will cover it if a mental health professional provides a referral letter documenting the gender dysphoria and medical need for surgery to adequately treat it.

Do most of your patients consult with a mental health provider before seeking surgery?

Most don't come into my office until they've been in therapy for a while. I'm a member of the World Professional Association for Transgender Health (WPATH), so I adhere to their guidelines and standards of care. Something they suggest is patients undergoing therapy and living full-time in their preferred gender for at least a year before making some of the irreversible surgical commitments.

What emotional benefits do these procedures provide?

One of the biggest things I hear is, "Now I feel complete." That's a common reaction, and it's very rewarding to hear. The truth is that every person is different. For some people with gender dysphoria, surgery may not be the best option, which is why it's wise to spend time in therapy beforehand exploring those issues. But some patients really do need the surgery. My job is to listen to what they're feeling and help them come to a conclusion that feels right for them and ultimately helps them feel more at home in their bodies. That's something we all deserve.

To connect with Dr. John M. Taylor, visit www.AllureNJ.com or call (732) 707-1932.

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- Rhytidoplasty (face lift)

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- Breast reduction or removal

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the GRUMBLE

Pat King
Grumble Editor

We received a Grumble recently from a driver who was sick of pedestrians not sharing the road. Well, today some "Walking Grumblers" shot back.

READER WRITE-INS:

IN DEFENSE OF PEDESTRIANS
What nerve of the Grumble writer complaining about pedestrians! Listen, mister, if you could have made the turn before the light turned red you wouldn't have been in the crosswalk, and if you couldn't make the light you should have stopped before then. Ever hear of gridlock? Why should pedestrians give in to your bullying to get through the crosswalk when we have the light and the right of way? You're sitting there in your nice comfortable heating or air-conditioning while we're on foot struggling with other pedestrians, the weather and the danger of getting run over by people like you and WE should give YOU a break? Get real.
- **Paula K**, *Metro New York reader*

Tell us what you think!

@metrophilly

WE'RE WALKING HERE!
I'm writing in reply to Larry Adel's Grumble regarding pedestrians inconsideration in crosswalks. I work in Traffic Violations and it's not a great idea to suggest that the pedestrians stop and allow cars to pass as this can (and usually does) end in a ticket to the driver which can affect and mess up their insurance among other things!
- **SK**, *Metro US reader*

#metrophilly *caption this photo*

Every day we will post a new photo and give you the chance to send in the funniest caption to go along with it. We'll publish the best caption the following day. Send us your best ideas to **@metronewyork @metroboston @metrophilly**

The winning caption from Maerita McDermott, *Metro Boston reader*

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Aries Use your energy wisely and put your ideas in motion. Taking charge will help you surpass any competition.

Taurus Take care making personal or professional changes. Upsetting someone unintentionally will cause difficulties when finishing what you start.

Gemini Deal with matters concerning a friend, relative or peer. Sending a clear message will help you avoid being emotionally manipulated or backed into a corner.

Cancer Feel your way through a situation that could disrupt your job or domestic life. Knowing what you are up against will help you make wise choices.

Leo Look for unique ways to improve your quality of life without overspending. Do the work yourself, and you'll get good results.

Virgo Listen to alternative ideas and consider how to best use what you have at your disposal to add greater stability to your life.

Libra Emotional limitations will stand in your way if you let your personal and professional lives overlap. Don't fold under pressure.

Scorpio Don't worry about what others say. Use your skills and experience to further a cause you believe in. Don't feel challenged, you should feel invincible.

Sagittarius Turn up the volume and dance to the beat of your own drum. Propose what you want to see happen, do your own thing and take credit where credit is due.

Capricorn Develop the changes you want to implement at home or work. Aim to boost your income and raise your standard of living. Nurture an important relationship.

Aquarius Take action, but don't go overboard. Keeping the peace and living within your means is key to getting what you want.

Pisces Use your intuitive awareness to negotiate your way into a deal that will bring about positive financial change as well as improve an important partnership. EUGENIA LAST

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LIFESTYLE

Wear your best white outfit to Diner en Blanc.

5 Fun things to do this month

Sip craft beer, enjoy restaurant deals and more.

ELIE LEVINE
letters@metro.us

Looking for activities to fill the last dog days of summer? We've got you covered. From film and folk festivals to a night of restaurant deals, here are five fun things to do in Philly this month.

BlackStar Film Festival
Explore film and storytelling in the African diaspora at the 2018 BlackStar Film Festival, a four-day event highlighting flicks about the worldwide black experience. It spotlights Philly as a destination for black filmmakers while showcasing artists from around the globe.
Aug. 2-5, various times, various locations, $12 per screening, blackstarfest.org

Night Out Restaurant Week

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Rock out at Philly's folk fest this month. ALL PHOTOS GETTY IMAGES

The fifth annual Night Out Restaurant Week will feature dining deals at 19 Philly eateries, plus entertainment from Aug. 10-18 at SugarHouse Casino, with $10 free play when you present a receipt from a restaurant. Multicourse meals at low prices are sure to satisfy.
Aug. 10-19, various times, various locations, $20-$35, nightoutrestaurantweek.com

Philadelphia Folk Festival
Don't miss the 57th annual Philadelphia Folk Festival presented by the Philadelphia Folksong Society. The lineup includes Patty Griffin, Valerie June and Wynonna and the Big Noise. Jam sessions and backstage sessions will make for a fun weekend. Plus, you can camp out on the festival grounds.
Aug. 16-19, various times, Old Pool Farm, Upper Salford Township, $65-$80 per day, pfs.org

Diner en Blanc
Diner en Blanc refers to a posh Parisian picnic in an public location in Philly that isn't disclosed to participants until the very last minute. Wait for the location details then head to the spot dressed in all white, prepared to put your best French manners on display. Attendance is selective, however. To register, you must know an organizer personally, ask a registree to sponsor you or sign up for the waitlist online.
Aug. 16, undisclosed time and location, philadelphia.dinerenblanc.com

Fonthill Beer Fest
Attend Fonthill Beer Fest to relax outdoors at Fonthill Castle and taste drafts from local and regional breweries while listening to live music and enjoying light refreshments. General-admission tickets include bottomless beer.
Aug. 25, 2-5 p.m., $60, Fonthill Castle, East Court Street & Route 313, Doylestown, mercermuseum.org/event/fonthill-castle-beer-fest

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Erectile dysfunction (ED) affects more than 30 million men in the U.S. It is especially common in men with **prostate surgery, diabetes, high blood pressure and obesity.** However, it is now possible to treat almost all men with ED! ED undermines a man's sexual confidence—but successful treatment can help restore it!
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'The Sinner' returns with a

The Jessica Biel-produced crime anthology series is back for season 2.

ANDREW HUSBAND
letters@metro.us

In the first season of USA Network's critically-acclaimed crime anthology "The Sinner," executive producer and star Jessica Biel played a young mother who violently kills a seemingly random man on the beach. For the limited series' second season, Detective Harry Ambrose (Bill Pullman) returns to investigate a new suspect, the 11-year-old Julian (Elisha Henig), for the gruesome murder of his own parents.

Based on the book by the German crime writer Petra Hammesfahr, "The Sinner" season one stuck relatively close to the author's taut psychological thriller. The next batch of eight episodes, however, endeavors to adopt the same tone with a whole new cast of characters and a slightly different setting.

This time around, Detective Ambrose returns to his hometown in rural New York to investigate the murder of Julian's parents, and determine why Julian committed the heinous crime. The young boy seemingly has no motive for murder, but as Ambrose comes to realize, there's nothing remotely ordinary about the boy and where he comes from. Along the way, the detective must confront his hometown's secrets and those who try to keep them hidden.

"The Sinner" snagged a Primetime Emmy Award nomination for Biel, and two Golden Globe Award nominations for the actress and the show itself. Even though she's not in front of the cameras for season two, the limited series' second outing still boasts an impressive cast and a dramatic story

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new murder mystery

The anthology series returns with Bill Pullman as the new lead.

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ALL PHOTOS USA NETWORK

that, should Television Academy or Hollywood Foreign Press Association members take notice, may garner more nominations.

Aside from Pullman's return and Henig's bout as the eerie Julian, "The Sinner" season two also features "The Leftovers" and "Fargo" alum Carrie Coon as the mysterious Vera, a formidable community leader who struggles between upholding the area's ideals and fulfilling her own desires. "The Deuce" star Natalie Paul features as Heather, the detective in training who seeks Ambrose's help, and Hannah Gross plays her friend Marin, who disappeared from the town years ago under mysterious circumstances.

On the creative side, season one showrunner Derek Simonds, who cut his teeth on Dustin Lance Black's series "When We Rise" and the acclaimed film "Call Me By Your Name," returns to season two. Along with Biel, Michelle Purple, Charlie Gogolak. Brad Winters and John Coles are executive producing "The Sinner." Antonio Campos, who directed the first three episodes of Biel's season, is back to direct the first two episodes of season two.

Between the anthology format, the new story, the returning cast and crew members and the new additions, "The Sinner" season two already sounds like a television event worth checking out. Yet in the always-crowded field of "peak TV," the USA Network show affords potential viewers relief because of the nature of the show's short eight episode-run and self-contained narrative.

"The Sinner" season 2 premieres Aug. 1 at 10 p.m.o n USA Network.

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'The world is hurt, and we want to create conscience'

Black Eyed Peas member Allan Pineda Lindo told Metro the new album is focused on criticism and social activism.

PATRICIA CARRANZA
MWN
letters@metro.us

Almost eight years after their last new album, the Black Eyed Peas are back. They're renewed, without Fergie (who left the band three years ago) and with criticism of war, discrimination and injustice.

Metro recently chatted with star Apl. de.ap on the band's new direction and its new member, Jessica Reynoso.

What went into making the new album?
It seems to me that, with this album, we return a bit to what we did in the first and second ones. It's completely hip-hop, and all the songs have lyrics that bring a message of social criticism and social activism. So we definitely go back to what the Black Eyed Peas previously was.

Why social criticism?
The world is very hurt, and I believe that music is a weapon to create awareness. We are very focused on that. In fact, our first single "Street Livin,'" which was released earlier this year, speaks precisely about that. About showing poverty, the damage caused by war, as well as injustices.

"We are renewed and bring a clear message: we do not want more wars, injustices and discrimination."

Apl.de.ap., rapper, singer and record producer

Several years have passed since your last album. Why was now the right time for a comeback?
We never really left. We were always present in music, but with separate projects because we are musicians and this is what we do. Creating music is what gives us food. We moved away from the Black Eyed Peas for a while because we wanted to find something new, something to contribute to the world. Now we have enough material prepared, and we want to share it with everyone. Another thing is that we wanted to find a new sound, and I think we found it but without losing Black's essence.

What do you think of some of the artists that have emerged since your last album?
I love The Weeknd. It's a time when digital platforms have managed to bring many artists success, and I find it incredible. In general, I love all kinds of [music] and I am always open to listening to emerging artists, I love it.

The Black Eyed Peas are back with a new album. GETTY IMAGES

What do you think of reggaeton?
I love it. It seems an extraordinary genre. As a musician, I can tell you it gives you opportunity to make a lot of variations and merges. I think you can explore a lot with that genre and at the same time merge it with urban music like hip-hop and rap. It's amazing!

Who would you like to collaborate with?
We would like to work with Coldplay, Stevie Wonder, and why not with some reggaeton artist who would put that flavor to our songs? I would like that very much.

What's next for the band?
To offer a spectacular show and present all our new record material. It's something completely new. We're also going to have new people like Jessica Reynoso, who puts in her voice, who is also part of this new album and will sing with us on this tour.

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JOBS

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Putting together a home office with limited space

How to create a work zone that works for you.

PAT KING
patrick.king@metro.us

Many employers are reducing office space and giving employees the opportunity to work from home.

While many people jump at the chance to work just steps away from where they sleep, being productive can be difficult because of the many distractions of home.

This goes double if you live in a cramped apartment with limited space to spread out. You can work in a café or a shared work space — but there are only so many espressos you can drink in a day, and shared spaces can get pricey.

Here are the best ways to build a home office in a small space.

Give yourself the office you never had

Now that you are working from home, it is up to you to create the office you have always wanted. So you should figure out what that really means.

Some people covet a desk with a window view, while others benefit from facing inward to cut down on distractions. Finding the balance between your comfort and your productivity levels is key.

So determine the direction you want your workspace to face before you rearrange everything in your living space.

To make your home office a place that you actually want to work in, make it as comfortable and as inviting as possible.

Find a corner where you can put a nice table or desk with the comfy chair.

You should also think about treating yourself to a good home audio setup to listen to music and podcasts while you work because you won't have to keep your headphones in all day to. By making your work zone inviting, you will be more ready to get things done.

Build dividers

Not everyone has the luxury of having an extra room to use as a home office. So for those of us with limited space in our apartments, building a divider in the living room to carve out an at-home cubicle can make all the difference.

If you position a bookshelf or a couch to close off your workspace from the rest of your living space, it can help you make the distinction between work time and at home time.

Set up shop everyday

If your living space is too small to rearrange to fit a full desk, here's a little hack that can help: Keep a folding dinner try in a closet — or even behind your couch — that you can set up every day from your couch.

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Phils land catcher Ramos in trade with Tampa Bay

Ramos will be an instant upgrade at catcher.

JOVAN ALFORD
jovan.alford@metro.us

The Phillies grabbed themselves another offensive piece before Tuesday's 4 p.m. ET deadline.

Philadelphia announced that they acquired catcher Wilson Ramos and cash considerations from the Tampa Bay Rays in exchange for a player to be named later or cash considerations. Jeff Passan of Yahoo Sports initially reported the trade talks between the two teams.

In a corresponding move, relief pitcher Zac Curtis was designated for assignment by the Phillies, opening up a spot on the 40-man roster for Ramos.

Ramos will provide the Phillies' lineup with an offensive spark, while also being a defensive force behind the plate. The 30-year-old catcher is having a career year, which is why he was such a hot commodity on the trade market.

This season, Ramos is slashing .297/.346/.488 with 14 home runs and 53 RBIs in 315 plate appearances. On the defensive side of things, he has only allowed six passed balls and 23 wild pitches, while averaging of caught stealing percentage of 22. Currently, the American League average for caught stealing percentage is 28.

Just like with the acquisition of Asdrubal Cabrera, Ramos will be an immediate veteran upgrade for the Phillies. While catchers Jorge Alfaro and Andrew Knapp have played well in spurts this season, both players still have holes in their game.

With the Phillies contending for an NL East crown, they picked up a big upgrade at catcher in veteran Wilson Ramos. GETTY IMAGES

Offensively speaking, Alfaro is slashing .254/.305/.398 with seven home runs and 23 RBIs in 275 plate appearances. Those numbers are not particularly bad, but he does have 104 strikeouts and only 13 walks with about two months to go in the season.

Knapp, however, is not producing that much better at the plate. The 25-year-old backup catcher is slashing .223/.318/.372 with four home runs and 15 RBIs in 170 plate appearances. He also has 56 strikeouts and 19 walks, which are a slight improvement, when you compare those stats to Alfaro's.

But in comparison to Ramos, the ninth-year veteran only has 61 strikeouts and 22 walks.

Furthermore, when it comes to the defensive aspect of catching, the 25-year-old Alfaro still has some work to do. This season, he has allowed eight passed balls and 37 wild pitches.

However, Alfaro does a great job of throwing out baserunners, showing off his cannon of an arm. The young catcher has a caught stealing percentage of 31, which supersedes the National League average of 29.

As the Phillies go through the last two months of the season, it should be interesting to see how manager Gabe Kapler handles the three catchers. Does Andrew Knapp completely fall out of the rotation? How will he manage the time between Ramos and Alfaro?

For the moment, Kapler does not have to worry about this as Ramos is currently on the 10-day disabled list with a hamstring injury. The Phillies made a necessary move for the stretch run, we will see it is enough to get them back to the postseason.

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It is becoming clear that the Flyers have something special in Isaac Ratcliffe. GETTY IMAGES

Ratcliffe proving he is Flyers top prospect

The 2017 second-round pick had a breakout season in the OHL.

ERIC GOLDSTEIN
sports@metro.us

When Flyers general manager Ron Hextall wants a particular player in the NHL Entry Draft, whether it's trading a perennial 20-goal scorer or multiple draft picks, he makes it happen.

Hextall sent veteran Brayden Schenn to St. Louis last year in exchange for the Blues' 27th overall pick. He used that selection on forward Morgan Frost, who posted obscene numbers this past season in the Ontario Hockey League (OHL).

In a less heralded move in the same draft, Hextall dealt three picks to move up nine spots in the second round to ensure the Flyers could pick hulking forward Isaac Ratcliffe at No. 35. Like Frost, Ratcliffe is showing why the Flyers invested so much to acquire him.

The 6-foot-6, 210-pound winger finished with 41 goals and 27 assists in 67 regular season games with the Guelph Storm in the OHL, and added five goals and four assists in six playoff games. It was a significant increase from the 28 goals he had scored the previous year.

Ratcliffe also played in two playoff games with the Lehigh Valley Phantoms in the American Hockey League after the Storm were eliminated from the postseason.

His breakout season has established him as a top-five prospect in the organization.

However, just don't expect him in Philadelphia any time soon. The 19-year-old will return to the Storm and serve as their captain this season, and if all goes well, then suit up for the Phantoms for a season or two.

"I know there is still a lot of development I need to make and I know the guys upstairs [in the front office] know that, too," Ratcliffe said during the Flyers Development Camp earlier this month. "They are really pushing me to that point and I am really pushing myself also. We are not talking about time, but I am trying to get there [to play for the Flyers] as soon as possible and stay there as long as possible."

If he does, Ratcliffe will be worth the wait. Imagine him flying down the ice, at either wing, as one of the biggest players in the NHL. Another scary thought is he plans to add weight and muscle this summer – and moving forward.

"I have to get stronger," Ratcliffe said. "I have the height. I also need to work on my leg strength."

He has deceptively good hands for his size, a nasty shot and doesn't shy away from the rough stuff, especially in the corners. Ratcliffe likes to compare his game after Rick Nash, a seven-time all-star who has recorded eight 30-goal seasons with the Columbus Blue Jackets and New York Rangers.

"He's a big guy," Ratcliffe said. "He pairs speed, hands and toughness. He goes into a corner, and 95 percent of the time, he is going to come out with the puck. He just battles, is a great player and can play in all zones. He is not afraid to block shots, and not afraid to use his hands and skill sets to get to the net."

The Flyers wouldn't mind that kind of production at all, or even something remotely close. It would also explain why Hextall wanted Ratcliffe so bad in the first place.

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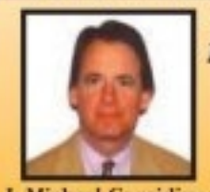

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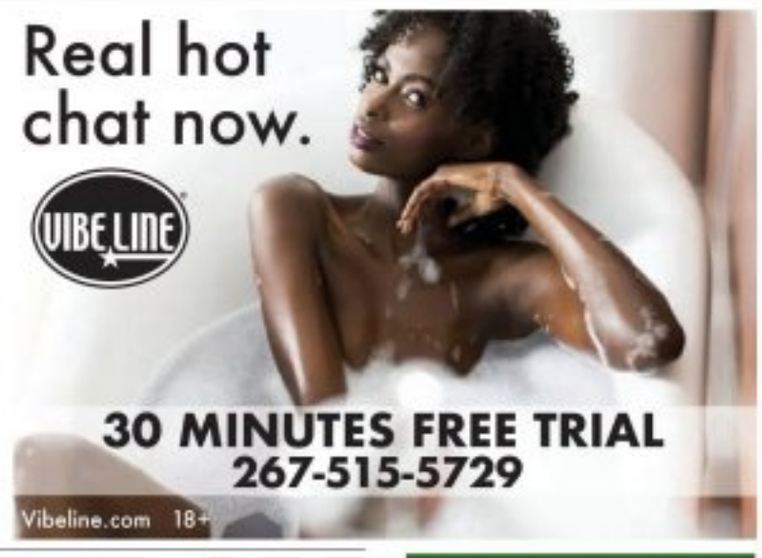

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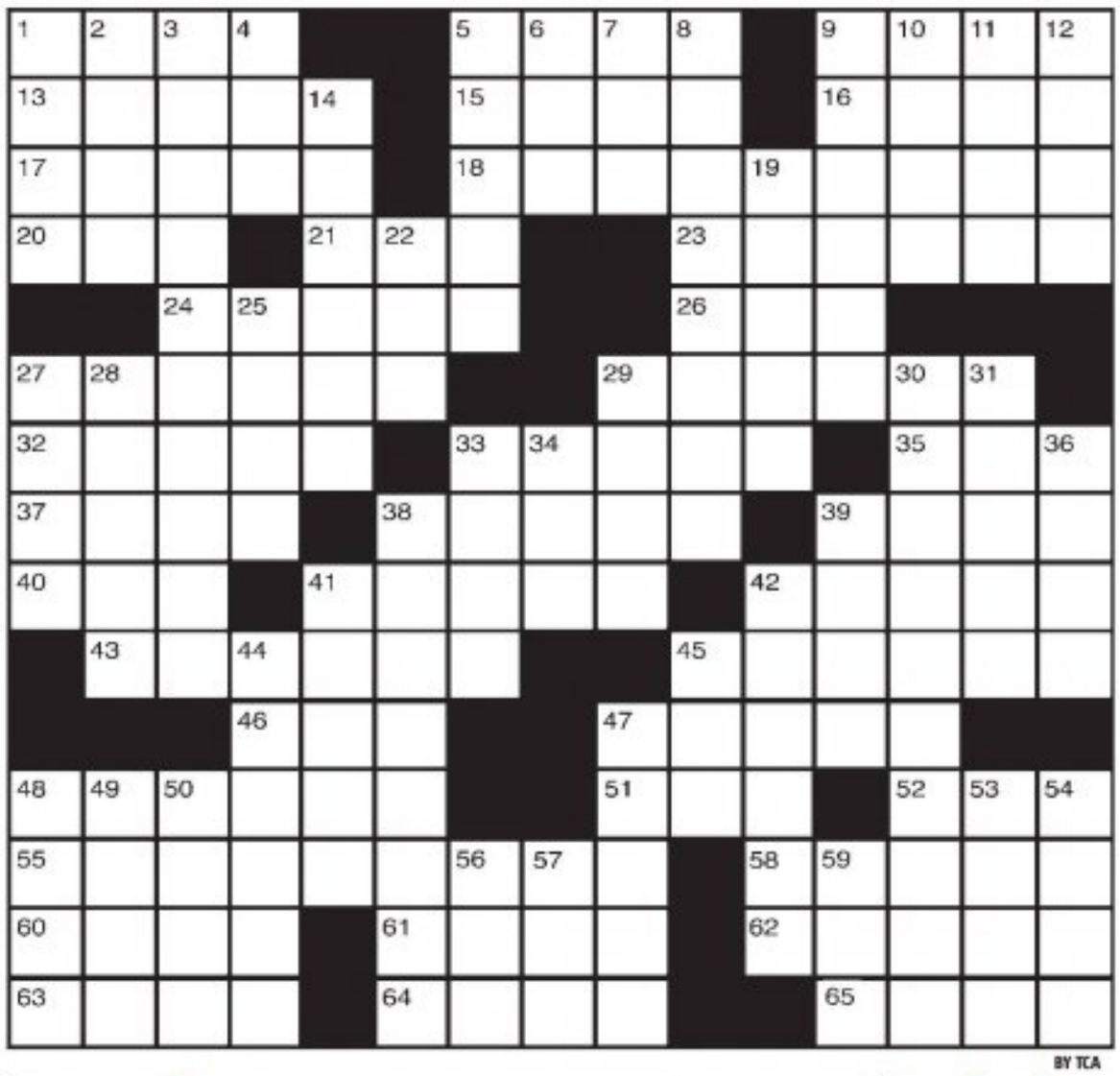

BY TCA

ACROSS

1 Sage or thyme
5 "Heidi" setting
9 Elegant poems
13 Body of water
15 __ as a pin
16 Weathercock
17 Complain childishly
18 Due __; reasonable effort
20 Building site
21 Deli loaf
23 Used foul language
24 Santa's helpers
26 Baby goat
27 Window covering
29 Casual farewell
32 Bank offerings
33 Holler
35 __ shoestring; with little money
37 Goes on stage
38 __ Ste. Marie
39 Cease
40 Foot digit
41 New England state
42 __ in; join the conversation
43 Go higher
45 Hollandaise & others
46 St. Joan of __
47 One's strong point
48 __ de corps; camaraderie
51 __ fog; confused
52 Zambia's continent: abbr.
55 Abundant, as a harvest
58 Fictional tale
60 Unadorned
61 Trial run
62 Actress Pompeo
63 Nimble
64 Slangy reply
65 Linear measures

DOWN

1 Wolf's cry
2 Reverberate
3 Says again
4 Refuse to allow
5 Mt. Aconcagua's range
6 Wahine's garland
7 Buddy
8 Protrude
9 __ it; strain oneself
10 Rather & Quayle
11 Suffix for depend or differ
12 Bit of canary food
14 Bundle of __; basket case
19 Culpability
22 Tokyo's dollar
25 Part of the eye
27 Mini blind piece
28 Soothing drink
29 Shoe bottom
30 Conspicuous
31 Misshapen folklore fellow
33 Uttered
34 Attila, for one
36 Copies
38 Holiness
39 Close
41 Deserve; earn
42 Wine container
44 Actor Art
45 Arlo, to Woody
47 Loathsome dirt
48 Diminishes
49 Cleansing bar
50 Contented sound
53 Run away
54 Torn in two
56 Charge
57 Neighbor of Mexico: abbr.
59 Sitcom alien

metro.us/wordsearch

E	S	F	A	C	E	B	O	O	K
M	B	T	R	H	C	R	A	E	S
A	E	U	W	U	E	O	A	C	N
I	W	R	T	T	S	W	Q	H	Y
L	D	V	T	U	G	S	L	H	S
K	C	I	L	C	O	E	X	I	D
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L	M	C
A	R	L
K	C	O

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5			8		2	6		
	8	9			4		5	2
4					7	3	9	
						5		
	1		3	4	5		2	
		2						
	9	8	2					3
2	4		9			1	8	
		5	4		8			9

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	F	A	S	C	I	N	A	T	E		A	R	T	S
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